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Purpose and Your Work

- Drives high performance
- Maintains motivation
- Increases camaraderie
- KEEPS YOU HAPPY



4



Develop a Growth Mindset

5



Create a Personal Vision Statement

6



Give Back

7



Practice Gratitude

8



Turn Pain into Purpose

9



Explore Your Passions

10



Become Part of a Community

11



Spend Time with People Who Inspire You

12



Read

13



Join a Cause

14



Practice Self-Acceptance

15



Take Time for Self-Care

16



Creating Your Personal Vision

- Step One: Letter from the Future
- Step Two: List of Successes
- Step Three: Collecting data
- Step Four: Write your Vision Statement

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Resources

- <https://www.betterup.com/blog/finding-purpose>
- https://greatergood.berkeley.edu/article/item/how_to_find_your_purpose_in_life
- <https://soulsalt.com/how-to-find-your-purpose/>
- <https://markmanson.net/life-purpose>



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